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and strained cereal; 10 A.M., cocoa and one soft-boiled egg; 12 M., broth or zoolak; 2 P.M., milk and scraped beef sandwich; 4 P.M., milk or cocoa and one soft-boiled egg; 6 P.M., milk toast; 8 P.M., zoolak; 10 P.M., milk or broth.

The modified Coleman: 6 A.M., milk, 8 oz., with milk-sugar, 1 oz.; 8 A.M., milk, 8 oz., with milk-sugar, 1 oz., and one egg; 10 A.M., milk, 8 oz., with milk-sugar, 1 oz., and cocoa; 12 M., same quantity milk with milk-sugar and one egg; 2 P.M., same quantity of milk with milk-sugar and sherry; 4 P.M., same quantity, and cocoa; 6 P.M., same quantity, and one egg; water *ad. lib.*, and during night broth or lemonade every two hours.

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## SUGGESTIONS FOR WHAT IS REQUIRED IN BUILDING A NURSES' HOME

By AGNES S. WARD, R.N.

Superintendent Metropolitan Training School, Blackwell's Island, New York

(Continued from page 401)

*Library.*—A large, light, pleasant room ought to be chosen for the library. We hear a great deal about nurses becoming so one-sided during their training, thinking of nothing but their patients and their classes. The reason for this, in many instances, is that the nurse has no place to read comfortably, and a library supplied with the daily papers, magazines, and a good assortment of books would be a great advantage in enabling the nurse to keep up with current events, so that when she graduates she will not feel as though she were years behind the times. If desired, the bookcases could be included in the building plans, being made sufficiently large to allow for additional volumes. This room should be especially well lighted and provision made for drop lights on reading tables.

*Lecture Room.*—If desired, the lecture room might be planned adjoining the library, the rooms being divided by vertical rolling doors which can be removed when it is desired to hold commencements, dances, etc. A movable platform might be provided for this room to be used when needed. There should be an abundance of closet room for keeping articles required for class demonstrations, manikin and skeleton; a bulletin board where notices or rules may be posted; and chart holders for anatomical charts.

*Demonstration Room.*—Where possible, a demonstration room should be connected with the lecture room. Here we may have a number of beds where the probationers can practice bed making and have practical examinations, and where pupils may have instruction in massage. This room should be sufficiently large so that it can be divided by doors; one half being used as an instruction laboratory where the nurses will receive their preliminary instruction in dietetics before going to the hospital diet kitchen. This should be fitted with zinc-covered tables and individual drawers, to contain the equipment required by the nurses. These drawers should be supplied with good keys; then each nurse can be held responsible for leaving everything in perfect condition. A stove is required for each nurse. There should also be dressers, refrigerator, a sink with running water, and a table with a number of small sinks and running water where any work required in bacteriology or chemistry could be given.

This room should be kept entirely for instruction and not used as a diet kitchen for sick nurses, because when so many people have access to this kind of a room things are put away in poor condition, or supplies are lost, and it is difficult to hold any one responsible.

*Offices.*—At least two or three offices are essential; one where the nurses will receive their mail and parcels, and register on entering and leaving the home; and one for the housekeeper or bookkeeper. In connection with these offices there should be a filing room where books, stationery, and the records of sick nurses are filed.

*Physician's Suite.*—The physician who cares for the sick nurses in a large home spends a good deal of time in examining and prescribing for them. In case of severe illness he frequently stays several hours at a time, and sometimes even all night. A suite consisting of sitting-room (to be used as office), bedroom, and bath would not only save a great deal of the doctor's time in the general care of the nurses, but would give him a place which he felt was his own whenever it was necessary for him to stay. The sitting-room of this suite may be used by the superintendent as an office when it is necessary for her to interview nurses, or do special work in the home.

These rooms—reception hall, library, lecture room, demonstration room, dining-room, kitchen, scullery, etc., doctor's suite, offices, lavatory and cloak room might be located on the first floor, giving the other floors practically over to bedrooms.

*Lounging Rooms.*—In all the rooms on the first floor it is necessary that the nurses wear either uniform or street clothing; a lounging room, on each bedroom floor, where the nurses can be comfortable in

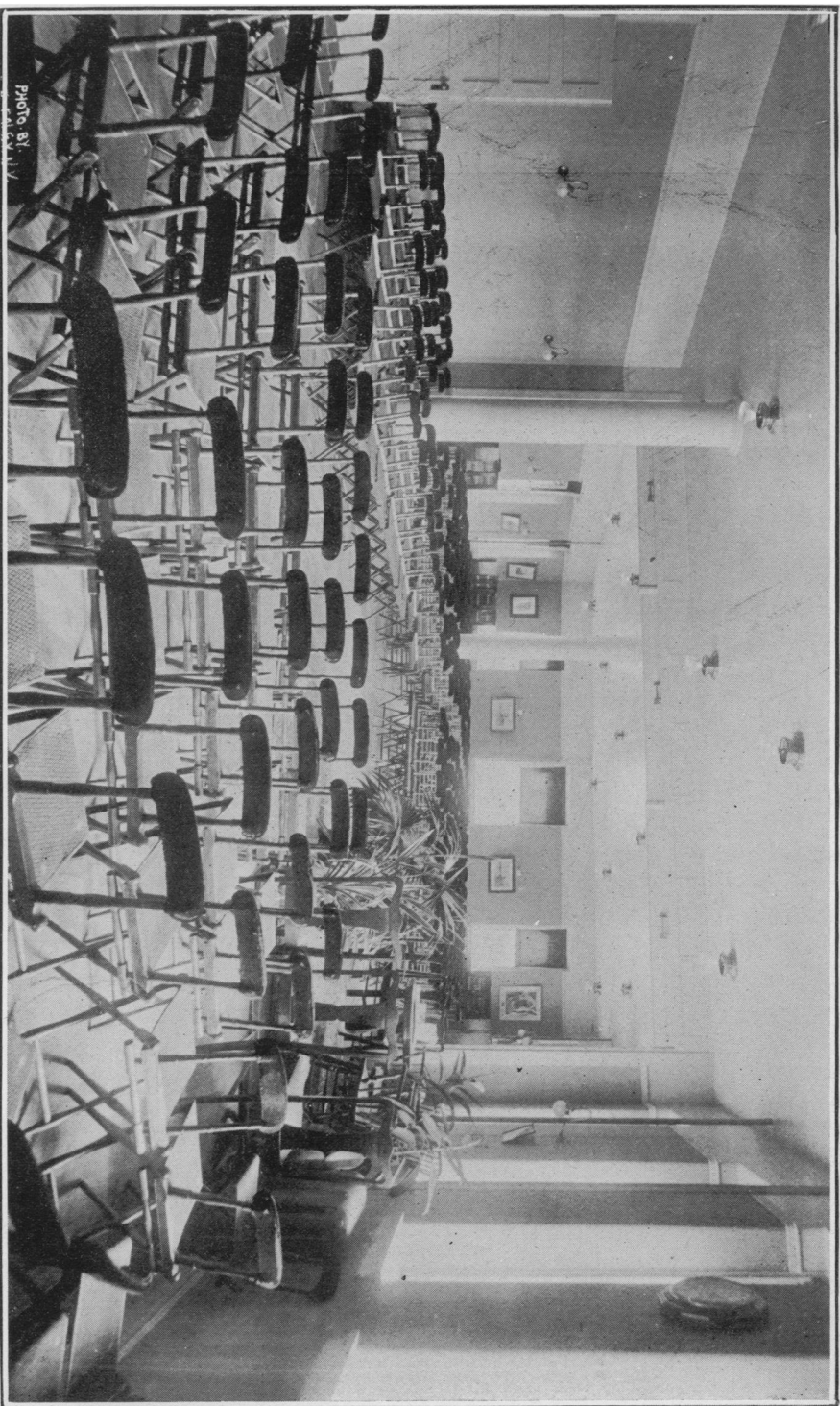


Photo 87.

LIBRARY AND LECTURE ROOMS, WITH VERTICAL ROLLING DOORS PUSHED UP.

their kimonos during the evening hours and still gather together to read or visit, would be a distinct advantage.

If it is not possible to have a tea room, attractive cupboards, gas, and sink could be located in one end of these rooms. If possible, it is well to have a class on each floor, thus giving a lounging room to each class.

*Tea Room.*—When the nurses have an hour or two off duty in the afternoon, they are frequently extremely tired, and much of the time is spent in simply resting. If a tea room be provided, where they can make a cup of tea, they will feel refreshed and the rest hours will more frequently be spent out of doors, or in some other profitable way. Then, too, the social time over the cup of tea sends the nurse back to her ward feeling very much at peace with the world. This room should be fitted with gas stove, a sink with running water, and a dresser for dishes.

*Infirmary.*—The care of the sick nurses is frequently overlooked in the building of the home, and it is a matter which ought to receive the closest attention. The infirmary should be located near the top of the building, and have a bright sunny exposure. It ought to be so arranged that it can be entirely shut off from the rest of the building—perhaps in one wing—with free access to the fire escape.

The following rooms are suggested: an operating room with a good light; a diet kitchen, crematory and sink room, bath, lavatory, linen room, and as many sick rooms as desired. These should be especially large, light, and airy.

Instead of a stationary bath, a movable tub could be used—this could be moved from the bathroom where floor drainage is arranged to give bedside baths, or tubbing to reduce fever.

*Baths, Lavatories, and Toilets.*—There should be one bath-tub for at least every five people. A number of tubs can be located in one room and divided by suitable partitions, making each entirely separate. Shower baths are not likely to be much used by women. A wash bowl and toilet should also be provided for about every five people, but the stationary bowls should not be expected to take the place of the wash bowl and pitcher in the room, as many people dislike washing where there are others around.

Small stationary wash tubs, in which the nurses can wash out handkerchiefs, collars, etc., could be located in the toilet or lavatory on each floor.

*Slop Hoppers.*—A closet with slop hoppers and accommodations for brooms and pails ought to be located on each floor. This not only does away with the unnecessary passing through the lavatories, but will also

do away with any chance of waste water being thrown in the wash bowls, or pails being emptied into toilets, which often causes breakage and stoppage.

*Pressing Room.*—A small room fitted up with electric irons and boards will enable the nurses to press light dresses, handkerchiefs, and many small articles which can scarcely be sent to the laundry. This room might be located in the attic, convenient to the elevator.

*Linen and Sewing Rooms.*—The linen and sewing rooms might be located on the attic floor near the elevator; this is much better than a basement sewing room. The sewing room should be as light as possible, and the linen room next to it, equipped with long tables and rows of wooden boxes about 18 inches by 18 inches all around the walls.

Make the lowest row  $4\frac{1}{2}$  feet from the floor, and under this a cross piece, with as many hooks as there are boxes above it. There should be as many boxes as there are nurses. The clean linen is all sorted in this room—the home linen sent to the linen rooms, and the nurses' linen put in these boxes, with the exception of the skirts which are hung on the hooks.

The boxes should be numbered, and a typewritten list in the room will show just where each nurse's clothing is placed. The nurses call for their clothing each Saturday evening.

One general linen room from which the home linen is distributed might be located on one floor, or smaller rooms might be located on each floor. A general cedar closet for storing blankets, or a small one on each floor would insure against moths.

(To be continued.)

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## DIET LISTS FOR OBSTETRICAL PATIENTS

(Continued from page 391)

V. BY JESSIE F. CHRISTIE, Chicago

THE fruit given depends upon the season of the year. I do not usually give grape-fruit, but all other fresh fruits.

The amount of liquids given depends upon the condition of the breasts. I find that if I do not give a great deal of liquid diet the first three days, my patients are much more comfortable.

The general rule is, no meat till after the third day; after the